

South Dakota National Guard Family Programs

Email: familyprogram@sdguard.ngb.army.mil

Call: 1-800-658-3930

Information: <https://sdguard.ngb.army.mil>

Order from **Army & Air Force Exchange** (AAFES) catalog –
www.aafes.com

ID CARDS

Do your spouse and children (10 & over) have one?

Many businesses give military discounts with an ID card

Contact your unit for more information

TRICARE – www.triwest.com or 1-888-874-9378

TRICARE Reserve Select (Jan 2012 – premiums)

Service Member monthly premium \$54.35

Soldier and Family monthly premium \$192.89

Armed Forces Recreation Centers

- Reduced cost vacations
- Available world wide
- Cost based on rank

www.govarm.com

www.afvclub.com

www.shadesofgreen.org

www.armymwr.com

www.armedforces.com

www.military.com

www.halekoa.com (1-800-367-6027)

www.herosalute.com

Commissary

(Military Grocery Store)

www.commissaries.com

- Unlimited Access
- Big Savings
- No Tax

SGLI - Service member's Group Life Insurance Family Coverage

- Maximum of \$100,000 of insurance coverage for spouses
- Not to exceed the amount of coverage the insured service member has
- \$10,000 at no cost for each dependent child

MILITARY & FAMILY LIFE CONSULTANTS

Renee L. Oler

Military & Family Life Consultant
Rapid City
Phone: (605) 393-5953

Military One Source

www.militaryonesource.com

Call - 1-800-342-9647

Michelle Ruesink

Child and Youth Behavioral - Military & Family Life Consultant
Brookings
Phone: (605) 251-1582

2012 Strong Bonds Events

1. January 21-22 in Rapid City

- Survival Skills for Healthy Families
- Got Your Back for Singles
- Laugh Your Way to a Better Marriage

2. March 10-11 in Sioux Falls

- Survival Skills for Healthy Families
- Got Your Back for Singles
- Laugh Your Way to a Better Marriage

3. June 16-17 in Sioux Falls

Laugh Your Way to a Better Marriage

4. August 18-19 in Rapid City

- 7 Habits for Highly Effective Families
- 7 Habits for Highly Effective Singles
- Laugh Your Way to a Better Marriage

Call Leah Braun – 605-737-6658

Email leah.j.braun@us.army.mil

Director, Soldier & Family Support Services - Lieutenant Colonel Bryan Jacobson
605-737-6728 / 605-415-3131

Youth – Taryn Broomfield
605-737-6919 / 605-415-1807

Youth – Candice Tvinnereim
605-787-3312

Family Assistance
Rapid City - Michele Anderson
800-658-3930 / 605-737-6079

Brookings – Kim Chase
866-597-0017 / 605-696-5416

Family Readiness - Lynn Wright
605-381-5761 / 605-737-6089

Chaplain Support –
Lieutenant Colonel Lynn Wilson
605-737-6009